

## THE TEENAGE BULLY

- Typically boys attack directly, physically and/or verbally.
- Girls spread rumors and exclude, known as relational bullying.
- Both boys and girls may be involved in both.

**Remember:** You have a right to attend school or any public place without fear of being physically or verbally attacked.

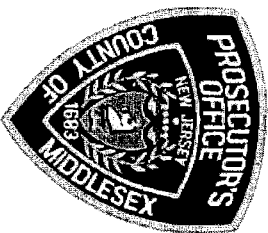
## BULLY-PROOFING STRATEGY

1. Never ignore bullying. Bullies are looking for control and rarely stop if their behavior is ignored. The level of bullying usually increases if adults do not address it.
2. Keep a log of events.
3. Get your parents and teachers involved.

*It is very important to learn the difference between:*

### **“Rating/Switching” and “Reporting”**

- Rating occurs when a student tells about an inappropriate act with the idea of getting another student into trouble with the administration.
- Reporting happens when a student tells to protect the safety of another student or him/herself



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## **BULLYING AND HARASSMENT**



**SEE IT  
GET HELP  
STOP IT**

## WHAT IS BULLYING?

Bullying involves a person or a group repeatedly trying to harm someone who is considered weaker or more vulnerable. It can involve direct attacks, such as hitting, threatening or intimidating, maliciously teasing and taunting, name-calling, and stealing or damaging belongings or indirect attacks, such as spreading rumors or encouraging others to reject or exclude someone.

## WHAT MAKES A BULLY?

- Greater than average aggressive behavior patterns.
- The desire to dominate peers, to feel in control, and to win.
- Seeks approval from peers.
- Refuses to accept responsibility for his/het behavior.
- Uses other people to get what he/she wants.
- Derives satisfaction from inflicting injury or suffering on others, and feels no remorse for his/her victims.
- Generally defiant to authority figures, with a tendency to break rules.
- Attacks those they perceive as weak and defenseless.

## PARENT(S) OF BULLIES

- Support their child's aggressive behavior.
- Often bully their child.

## BULLIES LATER HAVE MORE

- Court convictions
- Alcoholism
- Antisocial personality disorders
- Mental health services

## UNLESS NEW BEHAVIORS ARE LEARNED AND ADOPTED:

- Bullies bully throughout their lifetime.
- They bully their mates, their children and possibly their underlings in their places of business.
- Some learn to refine the art of bullying in their professional lives.

## WHEN THE ATTACK IS VERBAL

1. Do not believe the bully's lies, insults, and false information.
2. Tell your parents, a teacher, or someone in authority and keep a journal of dates and things said.
3. Avoid being alone when at all possible. Two or three witnesses will add reliability to your claim.
4. Demand that your school take action toward the bully and introduce a bully prevention program at school.
5. If it was bias-based, report it to the SRO (School Reserve Officer).

## WHEN THE ATTACK IS PHYSICAL

1. Report the attack immediately.
2. See your doctor or school nurse and have the wounds, bruises, bloody nose, black eye, etc., documented. This is evidence in case legal action needs to be taken.
3. If a weapon of any sorts was produced, insist that the police file formal charges.
4. Demand that your school initiate an anti-violence campaign and a bully prevention program.

## REPEATED BULLING ATTACKS CAN IMPAIR AN INDIVIDUAL MAKING THEM BELIEVE THEY:

1. Are inferior.
2. Have a defect.
3. Are not wanted.
4. Have nowhere to turn for help.
5. Must retaliate.
6. Should self mutilate or turn to suicide.

## SOME OF THE EARLY SYMPTOMS OF BEING BULLIED INCLUDE:

1. Not wanting to talk about their day.
2. Truancy.
3. Fear of going to school.
4. Asking for extra money without valid reason.
5. Not wanting to go outside to play.
6. Quitting sports or other activities.
7. Depression and sullenness.
8. Drop in school grades.